

A World
of **Possibilities**

Living with LifeParticles



Infinite Possibilities

All matter is composed of tiny particles, the building blocks of the universe. Here on Earth, the land, water, and even the air around you can be broken down into subatomic particles. In fact, everything that physically exists in the universe is composed of these elementary particles that are constantly vibrating at varying frequencies.

On a subatomic level, everything is the same. There is no difference between the particles that make up your body and a far off unknown planet in an unknown galaxy. We are all one in the sense that we are all composed of the same building blocks.

In the last century, some of the greatest scientific minds discovered that these elementary building blocks can act either as distinct particles, waves of energy, or both. Even more, they don't choose one of these states until someone or something is observing them.

Some people have made the leap that the expectations and intentions of the mind, as an observer, can affect the behavior of particles. Conversely, since the mind comes from the brain, and the brain is made up of particles, those particles can also affect the mind.

Life Pa

As the most basic building blocks of the universe, elementary particles have infinite possibility. They can become anything. If your mind has an effect on how they act, then you are constantly affecting the world around you with your consciousness. You are always creating your reality, whether you are aware of it or not. Interestingly, ancient wisdom has told us this for ages. Is it possible that this is something we innately know?

Meditation expert, Ilchi Lee, says, "yes." For decades, he has studied the mind and what it can manifest. He realized what he discovered about consciousness through introspection is very close to what modern science shows as the reality of the world. Ilchi Lee grasped that by looking at the realm of possibilities beyond our everyday reality, we can create the changes we truly want in our life. Furthermore, we can find the answers to key questions and issues that we have as individuals and as humankind.

To share this understanding of the common source of our lives, many years ago Ilchi Lee named these particles, LifeParticles. Through LifeParticles, we can escape the confines of probabilities and tap into the vast world of possibilities.

particle

Clearing Misperceptions

Before you can explore the world of possibility, you need to take a step back and examine your current preconceptions. From your life experiences you've developed a certain way of looking at the world. You are conscious of some of this picture, but a large part of it lies in your unconscious mind where you can't see it. In fact, much of how you react to your circumstances stems from unconscious information. If you've accumulated many resentments, wrong assumptions, or past hurts, they can sabotage what you want to do with your life, even without your realizing it. They limit what you can imagine and achieve.

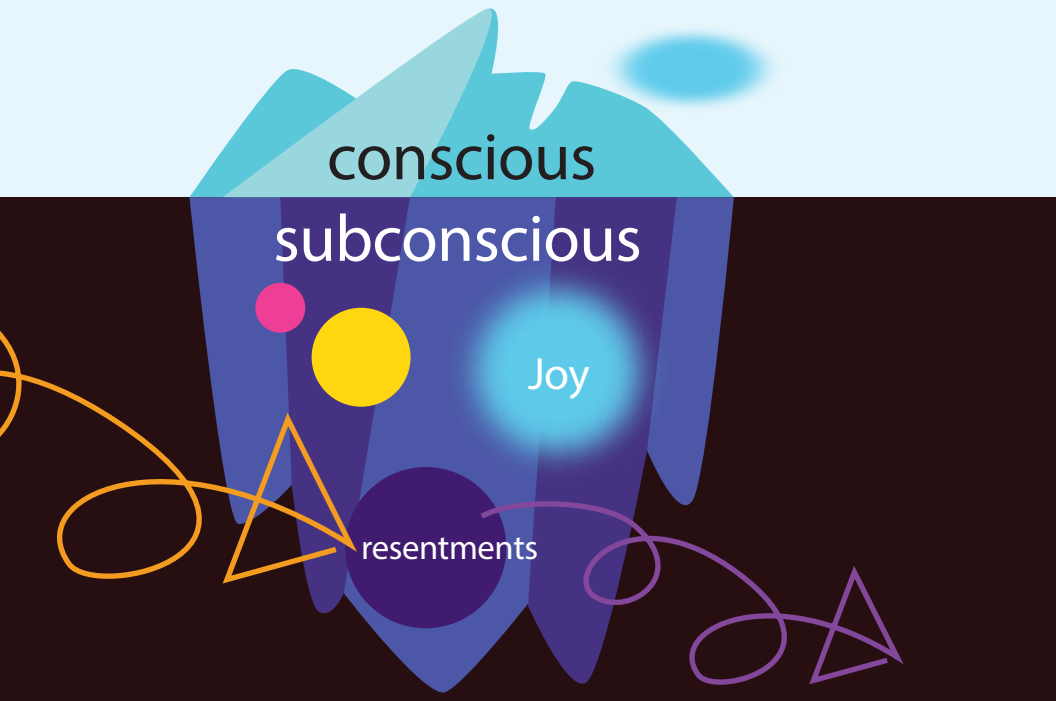
However, you don't need to remain limited. You *can* shed light on your unconscious mind and clear away the thoughts that don't serve you. You can learn to expand your consciousness and remain aware of the information that affects your desires and decisions. In that way, you can become a conscious creator of your life and direct the particles of the universe with deliberate positive intent.

A decorative graphic on a dark background. It features three glowing circles: a large green one on the left, a smaller pink one in the center, and a yellow one on the right. A thin yellow line curves around the yellow circle, ending in a small loop.

happiness

To do this, you first need to understand how LifeParticles and your mind interact. LifeParticles move in waves of energy of different frequencies. As waves of energy, they can carry information. Your thoughts are also waves or vibrations of energy at another level that are produced by the firing of nerve cells in your brain. The vibrations of LifeParticles at the subatomic level and the vibrations of thoughts, like all waves, affect one another. With your thoughts, you can change the vibrations of LifeParticles and vice versa.

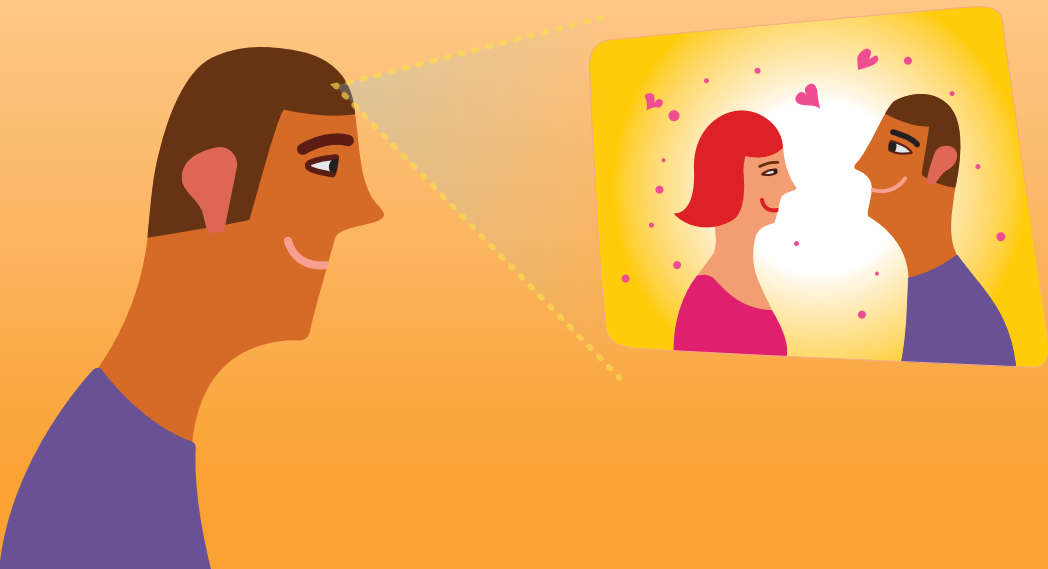
Therefore, to clear your unconscious mind, you can visualize LifeParticles carrying the frequency of clarity and insight filling your mind. Picture them as bright, golden flecks of light. The process of doing that will make you more aware of the deep underlying thoughts that normally sit in your unconscious mind and clear away any negative vibrations that may have been affecting your thinking and your life.



Manifesting Your Reality

Just as you used LifeParticles to clear your mind, you can use them to create all aspects of your life. By imagining an outcome and seeing LifeParticles going to it, you can help it manifest as a reality. As the building blocks of everything with infinite potential that are influenced by your mind, LifeParticles act as a bridge between your imagination and the real world.

The strength of this bridge lies in the strength of your certainty and your ability to visualize what you desire. The more specifically and strongly you can imagine something, the more powerful your mind becomes. Make the image of what you want very clear and crisp and feel with your whole body what it will be like for it to happen. Use all of your senses. Imagine the sound, smell, and touch of your creation. Focus on it completely and trust that you can create it. Whether it's a healthy body, recovery from grief, a more harmonious relationship, a better job, or managing your anger, feel deeply that it is already true.



While you can use LifeParticles for anything for yourself, your effectiveness in using it for others depends on their willingness to receive LifeParticles, the strength of their own certainty, and their agreement with your intent. Asking someone before you send them LifeParticles will have the greatest effect.

Creating your reality with LifeParticles may not be easy at first. You may have trouble clearing or focusing your mind and bringing it into an optimal state.

The image below, however, reflects the creative power, wholeness, and universal oneness that Ilchi Lee had discovered exists at the level of LifeParticles. Called the LifeParticle Sun, it was developed for more than ten years to have the most effective vibration for using LifeParticles. In a way, it activates a natural LifeParticle sensor and transmitter in the mind that makes sending and receiving LifeParticles easier.



A Joyful Sun

Just as the sun at the center of our solar system provides energy for life on earth, the LifeParticle Sun symbolizes a source of unlimited energy that gives life to all things.

In fact, the LifeParticle Sun may look familiar to you. It has visual elements found in many traditions that help make your mind joyful and peaceful, even just by staring at it.



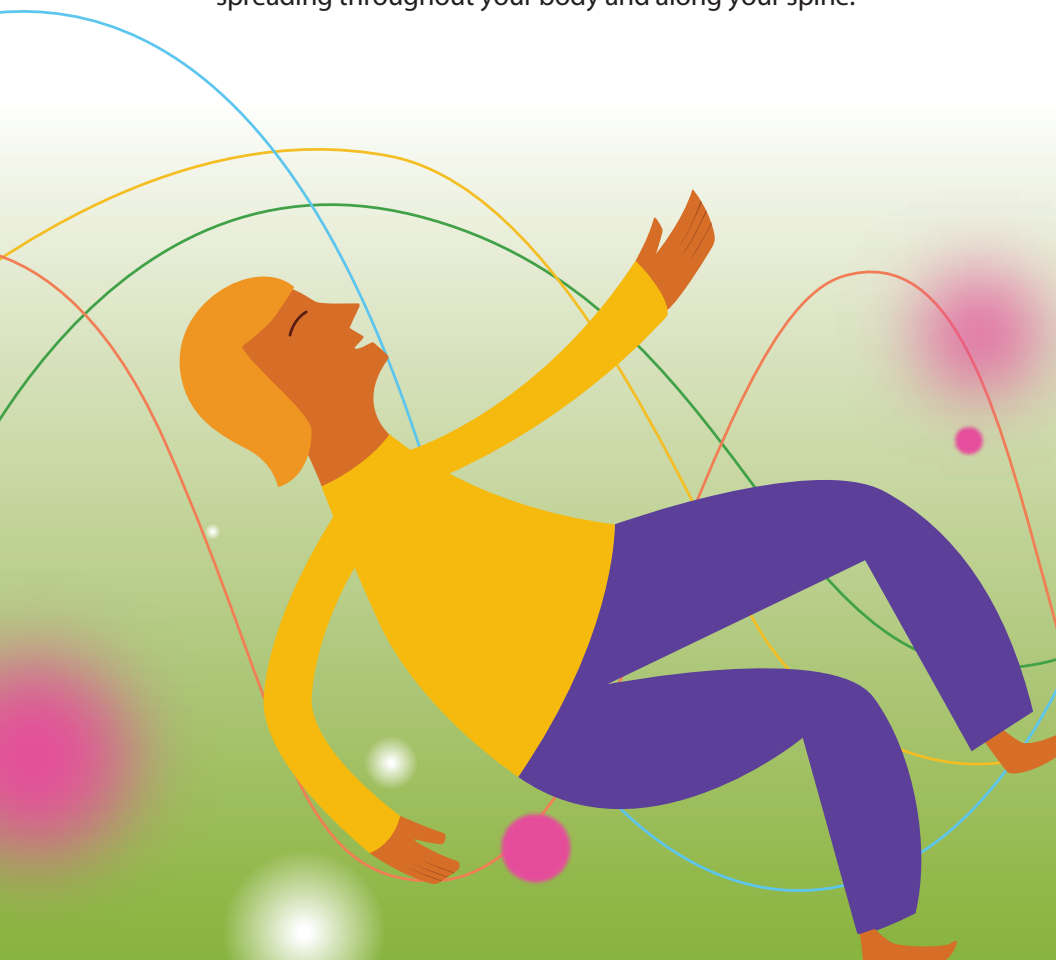
Using the LifeParticle Sun

The image of the LifeParticle Sun has been printed in various places for use in meditation and visualization. The most convenient is the LifeParticle Card, a wallet-sized card made by ChangeYourEnergy.com with the LifeParticle Sun on one side. It is a great aid for focusing your mind and visualizing LifeParticles without much effort.

Try this exercise with the LifeParticle Card to prepare your mind to use LifeParticles. It will give you access to your unconscious mind. From there you can send particles with the intention to manifest whatever you wish. It can be done on your own or with a group of people. The more people that gather with the same intention, the more powerful the transmission of LifeParticles will be and therefore the greater the effect.



- 1 Take 3 deep breaths. Relax your neck and shoulders and then straighten your back.
- 2 Hold up the LifeParticle Card and look at the LifeParticle Sun's red and yellow center. Bring the card toward and away from your eyes three times.
- 3 After a while, close your eyes and hold the image in your mind.
- 4 Visualize the LifeParticle Sun sending bright golden LifeParticles into your body through the middle point between your eyebrows.
- 5 Imagine the LifeParticles flowing with subtle vibration down from your head into your neck, chest, and lower abdomen, spreading throughout your body and along your spine.



- 6 Feel your body as the particles spread all over—to all the parts of your skin and bones, cells and blood vessels—and replace the particles that already make up your body with particles of a pure, healthy frequency.
- 7 You may experience sensations such as vibration, heat, cold, tingling, or pulsation as the vibrating particles travel through you. If you don't feel your body vibrate, give it a boost and shake your body deliberately.
- 8 Keep shaking until you find your own natural rhythm and your body starts to move without your direction. At this point, you may also feel blissful and energized.
- 9 If you keep going, your movement may become completely unconscious and the LifeParticles can clear your unconscious mind. With that clarity, the vibrations may become so subtle that your body is no longer moving but you feel a tingling aliveness. In this state you can receive inspiration more easily.
- 10 As you continue, you may feel yourself dissolve into LifeParticles as your consciousness merges with the universe and you become one with it entirely.

When you have finished, you can direct LifeParticles in whatever way you choose. You can send them to a body part that is not healthy; you can give your love and support to someone you care about; you can set a goal for yourself or visualize achieving a dream you've had; or you can ask for answers to questions that have been on your mind. New ideas may come to you spontaneously and you may discover a new and wider view of the world. The more you work with LifeParticles, the more you may renew your faith in your ability to manifest your life.

What People Have Done with LifeParticles

Here are some stories about what people say they've done or felt with LifeParticles. You can see how people have used them to improve their lives.

"Using the LifeParticle Sun image on the LifeParticle Card, I felt the pulsating of LifeParticles going through my left leg in particular, where I'd been experiencing discomfort in the previous 3 months, and my knee feels much better."

- Diana Flores Faherty, Denver, Colorado

"I asked for LifeParticles for my declining business to improve. After receiving LifeParticles, my business has been busy and it drastically changed for the better. I'm helping people again and making money too."

- Jewels Carlson, Sedona, Arizona

"I used the LifeParticle Sun image on the LifeParticle Card for opening my heart. I had a memory of a moment I was hurt and vulnerable in my past that I had not thought of for a very long time. I saw my resistance to opening my heart was because I wanted to protect myself from feeling that pain again. Then I could let go of my resistance and let my heart open. My heart felt warm inside."

- Laura Castagnino,
Washington, DC

"As I focused on sending LifeParticles to my clients, a feeling of wholeness and softness came over me. We are all truly connected."

- Stephanie Parks,
Las Vegas, Nevada

"While using the LifeParticle Card, I could feel warm and hot sensations in my whole body and electric sensations as LifeParticles circulated in my body. I could hear the message in my mind, 'Become one with LifeParticles.' Afterward I felt very relaxed in my body and mind and fully recharged with energy."

- James Heo,
Houston, Texas

LifeParticles for a New World

According to Ilchi Lee, LifeParticles open up the world of possibilities. He says that widespread use of LifeParticles in our daily lives will mark the beginning of a world where we realize the oneness between us all, creating true peace and harmony for a strong and unified earth.

Does this sound impossible? Imagine you were living in New England in 1752. When Benjamin Franklin discovered that lightning is in fact electrical discharge, would you have thought it possible to harness such power to use in your everyday life? Nonetheless, in 1880, Thomas Edison invented the first practical light bulb, and it revolutionized the world we knew.

Harnessing the power of LifeParticles to create a new world: Possible? Probable? It all depends on you.

Tune in to LifeParticles

There are many resources available to help you understand the concept of LifeParticles and use them effectively.

The most extensive resource is ChangeYourEnergy.com, a website that provides enriching live broadcasts, online courses, and articles of guided



meditations, mind-body exercises, interviews, talks, and

mindful living tips anyone can use anytime, anywhere. Inspired by the teachings and methods of Ilchi Lee, an impassioned visionary, global educator, mentor, and bestselling author, ChangeYourEnergy.com aims to share the power and possibilities of LifeParticles with the world.

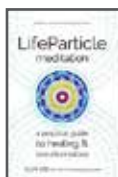
ChangeYourEnergy.com also hosts a supportive community of people who use and share LifeParticles. They collaborate with one another in creating better lives and a better world.

Products to Help You Use LifeParticles

The products below were designed to help you integrate the potential of LifeParticles into your daily life. Carry the LifeParticle Card around with you to send and receive LifeParticles easily wherever you are, hang the LifeParticle Sun on your wall with the crystal-framed plaque, or wear it around your neck for a steady stream of LifeParticles. Go deeper into your unconscious mind with the guided audio meditations on the *LifeParticle Energy Meditation* CD and purify the LifeParticles of your body with vibrations from the crystal singing bowls and gongs on the *LifeParticle Sound Healing* CD. Learn more about the principles of LifeParticles from Ilchi Lee's definitive book, *LifeParticle Meditation*, and learn more about using them in your daily life.



LifeParticle
Card



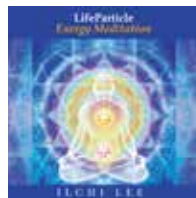
LifeParticle
Meditation
book



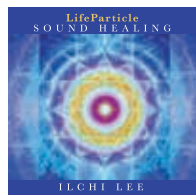
LifeParticle
Sun Pendant



LifeParticle Crystal Plaque



LifeParticle Energy
Meditation CD



LifeParticle Sound
Healing CD

For more information about LifeParticles,
you can visit www.ChangeYourEnergy.com.

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